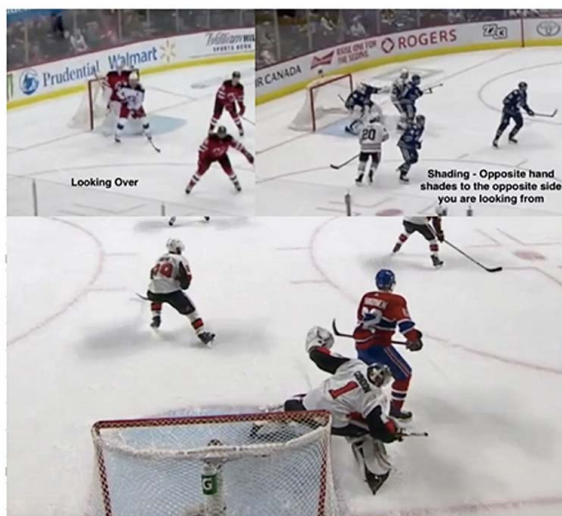


# COACHING CONCEPT: SCREENS AND TIPS



AS A GOALTENDER DEVELOPS THEIR GAME IT IS IMPORTANT THAT THEY UNDERSTAND HOW TO HANDLE NET FRONT TRAFFIC. THIS BECOMES A BIG PART OF THE GAME AT HIGHER LEVELS OF PLAY. THERE ARE CONCEPTS THAT GOALIES NEED TO LEARN SUCH AS SHADING, MEANING THE OPPOSITE HAND WILL STAY ON THE OPPOSITE SIDE THEY ARE LOOKING FROM. GOALIES NEED TO LEARN TO LOOK OVER PUCKS AND OVER SCREENS PLAYING TALL, ESPECIALLY IF BIGGER THAN THE OPPONENT SCREENING THEM. A GOALTENDER MUST LEARN TO ELIMINATE EXCESSIVE MOVEMENT MINIMIZING HAPPY FEET. FINALLY, DEALING WITH THE TIP, GOOD PLAYERS THAT STAND IN FRONT OF THE NET KNOW HOW TO CHANGE THE ANGLE OF THE PUCK. THE GOALTENDER MUST BE AWARE OF THE STICK BLADE OF THE OPPOSING PLAYER SCREENING AND IF THEY ARE A LEFTY OR RIGHTY. THE GOALTENDER NEEDS TO LEARN TO SHIFT INTO TIPS AND ELIMINATE OVER SLIDING. OVER SLIDING WILL GET THE GOALIE OUT OF POSITION ON ANY REBOUND ATTEMPT.



**NHL COMPARISON VIDEO**

[CLICK TO WATCH VIDEO](#)

**SCREENS AND TIPS SKATING  
PROGRESSION**

[CLICK TO WATCH VIDEO](#)

**SCREENS AND TIPS SHOOTING  
PROGRESSION**

[CLICK TO WATCH VIDEO](#)



[MEGAGOALTENDING.COM](http://MEGAGOALTENDING.COM)

**EMAIL: [Info@megagoaltending.com](mailto:Info@megagoaltending.com)**



[facebook.com/megagoaltending](https://facebook.com/megagoaltending)



[instagram.com/mega\\_goaltending](https://instagram.com/mega_goaltending)